

## IF AN ASSAULT HAPPENS TO YOU

1. Remember that rape is rape. You are not to blame. Know that actions against the rapist can prevent others from becoming victims.
2. Rape is a traumatic experience. The pain may go away but the mental anguish may linger as anger, helplessness, fear, or shame. Seek counseling and talk about your feelings.
3. Friends and family can provide the support, comfort, and love needed to work through a rape crisis and emerge a survivor.
4. Take action and get involved. Work with a hotline or crisis center to help other rape victims cope with and survive their crisis.
5. Make others aware of the danger so that they do not become victims.



6. Work together to prevent sexual assaults.

Contact the Norfolk Police  
Department for more  
information on this or any  
other Crime Prevention Topic.

In Case of Emergency dial **911**

Non-emergencies dial **441-5610**

Sexual Assault Unit **664-7033**

24-Hour Crisis Hotline **622-4300**

**RESPONSE: Sexual Assault  
Support Services Norfolk Office  
623-2115**



**Norfolk Police Department  
Crime Prevention Unit**  
2500 N. Military Highway  
Norfolk, Virginia 23502  
Phone (757) 664-6901  
Fax (757) 664-6911

## RAPE PREVENTION AND PERSONAL SAFETY

*Protect Yourself Now!*



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## TIPS FOR SAFEGUARDING YOURSELF.

Attackers and rapists can be anyone – strangers, neighbors, boyfriends and husbands, co-workers, and even friends. In fact, most victims know their assailants.

The good news is that you can do a lot to reduce your risk of sexual assault. Practicing the following tips is a good way to start.

1. Plan your route and avoid short cuts through parks, vacant lots, or alleys.
2. Walk in well lighted areas and NEVER walk alone.
3. Be wary of isolated spots like basements, laundry rooms, and parking lots.
4. Have your key ready before you reach the door – home, office, or car.
5. Always lock your car, and look inside before you get in.
6. Be aware of your surroundings – know who's around you and what's going on.
7. If you think you are being followed, change directions and look for open stores, restaurants or a lighted home.

8. Ensure your doors at home are equipped with viewers and deadbolt locks with a one-inch throw.
9. All windows in your home should be secure. Draw window shades or drapes after dark.
10. Do not allow strangers in to use the phone. Offer to make the call yourself.
11. If you return home and find the windows or doors tampered with – DO NOT ENTER OR CALL OUT. Go to a neighbor's house and call the police.

## WHAT DO YOU DO IF YOU ARE ATTACKED?

Try to escape. Scream! Yell! Kick! Fight! Run!

Talk, stall for time, and assess your situation.

If your attacker has a weapon, do whatever it takes to stay alive.

If your attacker tries to move you to another location, do whatever it takes to prevent from going.

If attacked, preserve all physical evidence. Do not shower, bathe, douche, change clothes or throw anything away that you were wearing at the time of the attack. Do not even clean your fingernails.

6. Report rape or sexual assault to the police or rape crisis center.
7. Go immediately to the emergency room or your doctor for medical care.

## PREVENTING AQUAINTANCE OR DATE RAPE

1. Be clear with the men in your life what, if any, sexual behavior you are comfortable with.
  2. Do not use drugs or alcohol – they decrease your ability to take care of yourself and make sensible decisions.
  3. Trust your gut feelings. If the way your date acts makes you nervous or uneasy, leave. Make sure you have money for a phone call or taxi.
  4. Meet a first date or blind date in a public place. Take public transportation or use your own car.
  5. Leave social events with friends – NOT with someone you just met.
  6. Always watch your drink and never leave it unattended or in the hands of someone you do not know. Do not accept a drink from someone you don't know or trust.
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